

DAYTIME TRAINING PROGRAM

About Our Program

We offer focused classes on specific areas of classical ballet technique, such as pirouettes, study of port de bras, petite allegro, grand allegro, and more.

Dance Education

Dancers will further their education in all dance disciplines by learning dance history and studying current leaders in the professional dance field. Dancers are encouraged to use current technology to compare variations in ballet styles and write one research paper each semester on a topic, person or ballet related subject. Dancers will present papers to the class in a casual environment promoting confidence in public speaking necessary for interviews, public appearances as dancers and potential interviews for films or commercials

Demonstrations

The Pre-professional training program is a non-performing program; however, parents will be invited to attend studio rehearsals throughout the year for dancers to demonstrate what they have studied. These will be simple demonstrations/variations.

Dallas Ballet Center offers a daytime program dedicated and developed for the pre-professional dancer, focusing and concentrating on classical ballet technique while also exploring other comprehensive related courses.

Dallas Ballet Center is meeting the needs and challenges of today's dancer. The home-educated dancer has a unique opportunity to grow by embarking on this daytime training program.

Supplemental Training

In today's competitive world, many advanced training methods are being used to help refine dancers and their movements. This program will include some of these training techniques: TheraBand exercises, apparatus training, video training, plyometrics, and stretching and conditioning. These will be offered at the end of the classes to supplement their ballet technique by working on specific areas to improve extensions, flexibility, turning, and core strength.



Progressing Ballet Technique

Progressing Ballet Technique (PBT) is a unique revolutionary program to enhance ballet technique. The dancer will find it to be an essential approach to increasing core strength, balance and muscle control incorporating the use of various sizes of fitness balls and stretch bands. The licensed teacher will guide the students through various exercises relating to ballet class movements intended to strengthen and rebuild correct muscle memory and turnout without the stress of body weight upon the feet or gravitational pull in the air for suspended muscle movement.

DBC faculty member Libby Deans is a licensed PBT instructor.



INFORMATION

Days: Monday & Thursday

Time: 12:00pm – 3:00pm

Rates: \$30 Drop In

\$165 Eight-Class Card

Age: 12+ or with teacher recommendation

FACULTY

- ❖ Brent Klopfenstein
- ❖ Judy Klopfenstein
- ❖ Paula Reinke
- ❖ Elaine Tate
- ❖ Libby Deans

SCHEDULE

12:00pm – 2:00pm Ballet Technique

2:00pm – 3:00pm Pointe and/or Supplemental Class

SUPPLEMENTAL CLASSES

- ❖ Progressing Ballet Technique
- ❖ Stretching & Conditioning
- ❖ Variations
- ❖ Apparatus Training
- ❖ Plyometrics
- ❖ Video Training
- ❖ Nutrition/Wellness
- ❖ Dance Injury
- ❖ Performance
- ❖ Partnering
- ❖ Pirouette/Turning
- ❖ Acting

Dallas Ballet Center Pre-Professional Daytime Program

Register Online

www.dallasballetcenter.com

QUESTIONS?

Email info@dallasballetcenter.com



8530 Abrams Road, Suite 608
Dallas, TX 75243
214-348-3224

all photos: David C. Harris/Time Frames Photography

Dallas Ballet Center PRE-PROFESSIONAL DAYTIME PROGRAM



Focus

Training

Discipline